

Just the Facts...

Pregnancy/Postpartum Physical Training Program (PPPT)

What is the purpose of PPPT?

The purpose of the Pregnancy/Postpartum Physical Training Program is to provide the senior mission commander with a standardized physical training (PT) program for pregnant and postpartum Soldiers and to train local PPPT Program personnel in pregnancy and postpartum fitness.



Why is the PPPT Program important to the Army?

- ❖ Throughout the year 2004, 15,703 active duty Soldiers delivered babies, which represented 21.6% of the total women in the Army in September 2004 (Medical Surveillance and Monthly Report, April 2005). The American College of Obstetricians and Gynecologists (ACOG) encourages healthy women to exercise moderately for 30 minutes most days of the week throughout pregnancy and postpartum within ACOG guidelines and under the advice of their obstetrician. (Committee Opinion Number 267, January 2002, ACOG, "Exercise During Pregnancy and the Postpartum Period")
- ❖ The lack of a standardized content for PPPT with sustained implementation Army-wide presents a readiness and morale issue for the Soldier and the unit. Most unit-training personnel have not been trained to lead exercises for pregnant/postpartum Soldiers, nor are they familiar with the ACOG guidelines. Because of this, numerous Soldiers are left to train on their own or do not train at all. For Reserve, National Guard Soldiers and remote Soldiers this is always the case.
- ❖ An Army study showed significant Army Physical Fitness Test (APFT) failures, height/weight failures, and increased injury and illness rates when active duty Soldiers not in structured PPPT returned to unit PT after pregnancy and 6 months of postpartum recovery.

What are the benefits of participating in PPPT?



Current scientific literature supports many physical and psychological benefits of remaining physically active during and after pregnancy. Some of these benefits are:

- ❖ Exercise during pregnancy and postpartum promotes a more rapid recovery from the birth process and a faster return to required physical fitness levels.
- ❖ Appropriate exercise during pregnancy can maintain aerobic fitness and result in significant improvement postpartum.
- ❖ Pregnant women that exercise experience fewer physical complaints during pregnancy.
- ❖ Postpartum women who are active during and after pregnancy retain less pregnancy weight, preventing unwanted body fat gain.
- ❖ Women that continue to exercise during pregnancy and postpartum remain more socially active and are more able to adapt to the challenges of motherhood.
- ❖ Exercising has also been shown to have positive effects on labor and delivery through fewer medical interventions, reduced operative deliveries, shorter active labor and less likelihood to deliver prematurely, resulting in reduced hospital stays.
- ❖ Psychological benefits include relief from tension and improved self-image.

What is the proposed implementation model for PPPT?

- ❖ PPPT will be a commander's program, with mandatory attendance for Soldiers in unit PT.
- ❖ A Soldier will participate in pregnancy PT after receiving a pregnancy profile and clearance from her profiling officer to enroll in the PPPT program.
- ❖ Preferred implementation is as one consolidated program per installation.
- ❖ Instructor Trainers and Medical Experts will be trained in pregnancy fitness, and train Exercise Leaders to lead pregnancy/postpartum PT sessions.
- ❖ An Instructor Trainer will coordinate the day-to-day operations of the PPPT Program.
- ❖ The Medical Treatment Facility will provide a Medical Expert as the medical consultant for pregnancy/postpartum issues and ensure coordination of the health educational classes.
- ❖ Pregnancy/postpartum PT will be conducted at least three times/ week during unit PT time.
- ❖ An at-home PT program will be encouraged for participant use during convalescent leave.
- ❖ A Soldier will participate in postpartum PT for up to six months following delivery.
- ❖ Reserve, National Guard or remote Soldiers have specially-designed DVDs and workbooks available to them, after medical clearance has been confirmed. For access to these materials refer to the PPPT website.



Where can I learn more about exercise and pregnancy?

- Exercising Through Your Pregnancy, Clapp, James F., Addicus Books, 2002.
Women's Fitness Program Development, Cowlin, Ann F., Human Kinetics, 2002.
Planning Your Pregnancy and Birth, The American College of Obstetricians and Gynecologists, 2000.
Fit for Two: Official YMCA Prenatal Exercise Guide, YMCA of the USA, Human Kinetics, 1995.

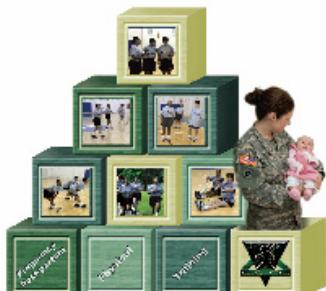
What Army regulations impact this program?

- ❖ AR 40-3 Medical, Dental, and Veterinary Care, 3 April 2006
- ❖ AR 40-501 Standards of Medical Fitness, 27 June 2006
- ❖ AR 350-1 Army Training and Education, 13 January 2006
- ❖ AR 600-9 Army Weight Control Program, 1 September 2006
- ❖ AR 600-8-10 Leaves & Passes, 15 February 2006
- ❖ AR 600-8-24, Officer Transfers and Discharges, 12 April 2006
- ❖ AR 614-30, Overseas Service, 25 July 2006
- ❖ AR 635-200 Enlisted Personnel, 6 June 2005
- ❖ AR 670-1, Wear and Appearance of Army Uniforms and Insignia, 3 February 2005



What is the current status of this program?

- ❖ A PPPT training program has been developed, which includes instructional videos, manuals and a training CD for the Medical Expert, Instructor Trainer, Exercise Leader, and Soldier. A PPPT Implementation Guide provides guidance on establishing and operating a local PPPT installation program. For information on training contact the USACHPPM POC.
- ❖ The Program is being implemented at multiple sites. The metrics employed to evaluate the success of the program are APFT scores, AR 600-9 pass rate, and appropriate medical outcomes. Evaluation tools are available upon request from the PPPT website.
- ❖ Staffing of the program through Army leadership is currently in progress with the goal having PPPT implemented Army-wide as a component of the US Army Physical Fitness Program. The standardization of an Army-wide PPPT Program, issue #532, was presented at the Army Family Action Plan General Officer Steering Committee (AFAP GOSC) Meeting on 14 November 2006, and it was retained as an active issue. This high visibility for the PPPT Program has paved the way for planning discussions with the G-3/5/7 Director of Training on proponency and to reduce the barriers to issue completion.



For additional information on the PPPT Program, contact:
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